

**Supplementary Materials:**

**Table S1.** The Shortness of Breath in the Daily Activities Questionnaire (SOBDA-Q).

		I do not do it because I feel short of breath.	I am doing moderately (slowly, rest)		I'm doing as usual without adjusting.			I don't do it originally, so I don't know if I feel short of breath.
			But I feel short of breath.	I don't feel short of breath because I adjust.	But sometimes I feel short of breath and need to rest.	I will not feel short of breath unless I overdo it.	I don't feel short of breath.	
score		1	2	3	4	5	6	No evaluation
morning	Brushing teeth, washing face, shaving and hairdressing							
	changing clothes							
	Defecation/urination							
dietary	Eating							
	Meal preparation, cooking and cleanup							
indoor activity	Hanging the laundry /taking the laundry							
	Tidying up room / Cleaning up room							

	Lifting luggage							
outdoor activity	Talking while standing							
	Gardening (weeding, watering)							
	Washing the car							
recreation	Going out on foot (walking, shopping)							
	Going out by bicycle (cycling, shopping)							
	Walking on level ground at my own pace							
	Walking on level ground with people of the same age							
	Taking care of animals							
	Playing with children and grandchildren							
	Going up the slope							
	Going up the stairs							
nighttime activity	Taking a shower or bath							
	Washing your hair and body							
	Making beds							

**Table S2.** The SOBDA-Q scoring method (example).

		I do not do it because I feel short of breath.	I am doing moderately (slowly, rest)		I'm doing as usual without adjusting.			I don't do it originally, so I don't know if I feel short of breath.
			But I feel short of breath.	I don't feel short of breath because I adjust.	But sometimes I feel short of breath and need to rest.	I will not feel short of breath unless I overdo it.	I don't feel short of breath.	
score		1	2	3	4	5	6	No evaluation
morning	Brushing teeth, washing face, shaving and hairdressing				○			
	changing clothes					○		
	Defecation/urination				○			